



# **Town of Fountain Hills Presents**

# **LAUGHTER YOGA**



**Thursday, April 14**  
**2:00 – 3:00 p.m.**

**Pre-registration required - Course #1796**  
**Free for 2016 members - \$5.00 fee non-members**  
**Presentation is held at the Fountain Hills Community Center**

### **Presentation Description:**

Laugh, Stretch, Breathe, Repeat! Laughter Yoga combines laughing for no reason, yogic breathing, and deep relaxation to provide surprising health benefits. Learn to laugh without comedy, jokes, or even a sense of humor. Feel refreshed and revitalized. Come laugh with me!

### **Presenter:**

Jane Burtnett, Arizona State University, is a Certified Laughter Yoga Leader.

***Stop by the Community Center Mon. – Fri. 9 a.m. to 4 p.m. to reserve your seat.***

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The views expressed by speaker do not necessarily represent the views of the Town of Fountain Hills.

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Sponsored by the Town of Fountain Hills Activity Center  
13001 N. La Montana (in the Community Center) 480-816-5226  
[www.fh.az.gov2015flyerslaughteryoga](http://www.fh.az.gov2015flyerslaughteryoga)